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TMJ (Temporo-Mandibular Joint) Dysfunction Sheet

- 1. TMJ commonly presents with ear pain which can be quite severe. It may radiate down the neck, up to the temple and in front of the jaw.**
- 2. Commonly, there is jaw clicking when opening and closing the mouth.**
- 3. The ear pain is related to muscle spasm of the jaw joint (myofascitis).**
- 4. Common associations of TMJ are teeth grinding and clenching of the jaw. This can be related to stress or recent dental work.**
- 5. Besides ear pain, TMJ may be associated with imbalance and ringing in the ear (tinnitus).**
- 6. Severe joint cartilage degeneration causes clicking and grinding. The jaw can displace and remain open (dislocate “Lock Jaw”) and require relocation by oral surgeon/Dentist or ENT doctor. Frequently patients can “pop” their jaw back into place.**

RECOMMENDATIONS:

- 1. No gum chewing**
- 2. Softer diet**
- 3. Nothing to eat that is hard (i.e. apples)**
- 4. Non-steroidal anti-inflammatory (ADVIL, MOTRIN, ALLEVE)**
- 5. Muscle relaxant pills**
- 6. Follow-up by TMJ specialist, oral surgeon or your dentist.**
- 7. An oral appliance to take the stress off the joint may be required and are fabricated by the above doctors.**
- 8. Rarely surgery may be required especially for those with unstable jaws (dislocation).**